

ACADEMIC ADVISING

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Location: Main Hall 208

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GENERAL ACADEMIC INFORMATION

Minimum Graduation Requirements

- 120 credit hours
- 45 upper-division credit hours (3000-4999 level)
- 2.0 CU cumulative GPA
- Residency: 30 credit hours of degree must be completed while registered in the Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences

Student Responsibilities

Students are required to know and follow:

- All academic policies set forth by the University, College, and academic department in the UCCS Catalog: catalog.uccs.edu
- All course prerequisites designated by the University. Failure to meet course prerequisites may result in an administrative drop of the course from a student's schedule. See degree audit for course prerequisites within the academic major.

DEGREE REQUIREMENTS

Explore Exercise Science: [Bachelor of Science in Exercise Science](http://www.uccs.edu/bachelor-of-science-in-exercise-science) | [Helen and Arthur E. Johnson Beth-El](http://www.uccs.edu/helen-and-arthur-e-johnson-beth-el) ([uccs.edu](http://www.uccs.edu))

Major Requirements			
Exercise Science Requirements - Strength and Conditioning (45 hours)	Course Number	Course Title	Credit Hours
All courses must have a grade of C- or better. A minimum of 39 hours must be upper-division (3000+ level) course work.	HPNU 2050	Nutrition for Health Professionals	3
	HPNU 2080	Professions in Health Care	3
	HPNU 2100	Statistics & Research Methods	3
	HPNU 3050	Human Anatomy	4
	HPNU 3060	Human Physiology	4
	HPNU 3300	Exercise Physiology	3
	HPNU 3330	Sports Nutrition: Basic Principles	3
	HPNU 4030	Strength Training & Conditioning	3
	HPNU 4031	Strength Training & Conditioning Lab	1
	HPNU 4550	Biomechanics/Kinesiology	3
	HPNU 4790	Physiological Assessment and Testing	3
	HPNU 4900	Senior Seminar	1
	HPNU 4950	Exercise Prescription	3
Upper-Division HPNU Electives	Complete an additional 8 credit hours of upper-division HPNU electives (must carry the HPNU prefix and be listed at the 3000-level, or higher).		8
Auxiliary Requirements (31-32 hours)	BIOL 1300/1310	General Biology: Organismic Biology and Lab	4
	BIOL 1350/1360	General Biology: Introduction to the Cell and Lab	4
	CHEM 1401/1402	General Chemistry I and Lab	5
	CHEM 1411/1412	General Chemistry II and Lab	5
	PES 1010/1150	Physics for Life Science I and Lab	5
	PES 1020/2150	Physics for Life Science II and Lab	5
	MATH 1050 or MATH 1060	Elementary Functions of Calculus or Trigonometry	3-4

General Education and Elective Requirements																					
Core Writing Requirement (6 hours)	<ul style="list-style-type: none"> ENGL 1310, 1308, or 1305 (<i>Students choosing ENGL 1305 must complete ENGL 1300 first.</i>) ENGL 1410 or TCID 2090 PORT 3000 (0 Credits) – Writing Portfolio 																				
Compass Curriculum (9 hours) <ul style="list-style-type: none"> Explore and Navigate courses must be outside major requirements. Writing Intensive, Inclusiveness, and Sustainability courses can count towards other requirements within the degree. 	<table border="1"> <thead> <tr> <th>Component</th> <th>Course</th> </tr> </thead> <tbody> <tr> <td>Gateway</td> <td>GPS 1010</td> </tr> <tr> <td>Explore – Arts, Humanities and Cultures</td> <td>See Degree Audit</td> </tr> <tr> <td>Explore – Society, Behavior and Health</td> <td>See Degree Audit</td> </tr> <tr> <td>Explore – Physical and Natural World</td> <td>CHEM 1401/1402 (included in auxiliary requirements)</td> </tr> <tr> <td>Navigate</td> <td>See Degree Audit</td> </tr> <tr> <td>Summit</td> <td>HPNU 4900 (included in major requirements)</td> </tr> <tr> <td>Writing Intensive Courses (WIC) <i>Two courses with one upper-division (3000+ level)</i></td> <td> <ul style="list-style-type: none"> HPNU 4790 (included in major requirements) HPNU 4950 (included in major requirements) </td> </tr> <tr> <td>Inclusiveness</td> <td>See Degree Audit</td> </tr> <tr> <td>Sustainability</td> <td>See Degree Audit</td> </tr> </tbody> </table>	Component	Course	Gateway	GPS 1010	Explore – Arts, Humanities and Cultures	See Degree Audit	Explore – Society, Behavior and Health	See Degree Audit	Explore – Physical and Natural World	CHEM 1401/1402 (included in auxiliary requirements)	Navigate	See Degree Audit	Summit	HPNU 4900 (included in major requirements)	Writing Intensive Courses (WIC) <i>Two courses with one upper-division (3000+ level)</i>	<ul style="list-style-type: none"> HPNU 4790 (included in major requirements) HPNU 4950 (included in major requirements) 	Inclusiveness	See Degree Audit	Sustainability	See Degree Audit
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General Electives (28-29 hours)	Complete additional courses to meet total and upper-division requirements for your degree program.																				

FOUR-YEAR DEGREE PLAN

Please note that this is an *example* degree program and your program may vary. **Students are responsible for completing all course prerequisites.**

Year One	✓	FALL	Hours	✓	SPRING	Hours
			GPS 1010	3		ENGL 1410 or TCID 2090
		ENGL 1310	3		HPNU 2080	3
		Explore – Society, Behavior & Health	3		BIOL 1300/1310	4
		CHEM 1401/1402	5		CHEM 1411/1412	5
		TOTAL	14		TOTAL	15

Year Two	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 2050	3		HPNU 2100
		BIOL 1350/1360	4		HPNU 3050	4
		MATH 1050 or MATH 1060	3-4		Explore – Arts, Humanities & Cultures Course	3
		PES 1010/1150	5		PES 1020/2150	5
		TOTAL	15-16		TOTAL	15

Year Three	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 3060	4		HPNU 3300
		HPNU 3330	3		Upper-Division (UD) HPNU Elective	3
		General Elective	3		General Elective	3
		General Elective (<i>Inclusiveness</i>)	3		General Elective	4
		General Elective (<i>Sustainability</i>)	3		General Elective	3
		TOTAL	16		TOTAL	16

Year Four	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 4030	3		HPNU 4900
		HPNU 4031	1		HPNU 4950	3
		HPNU 4550	3		UD HPNU Elective	4
		HPNU 4790	3		UD General Elective	3
		UD General Elective	3-4		UD General Elective (<i>Navigate</i>)	3
		TOTAL	14-15		TOTAL	14